

THE MANDAPA STORY

Indonesia's rich natural resources have long provided an abundance of flora with beneficial properties for health, skin and overall wellbeing. The medicinal assets of these indigenous herbal and floral actives, known locally as 'jamu', have been handed down through generations, with traditional recipes receiving modern twists and applications through the years.

Balinese culture in particular fuses the use of these tried and tested herbal remedies with a strongly rooted connection to traditional healing therapies. Ubud is famed globally for practitioners, known as 'Balians', who work with Divine Energy to deliver these customs and techniques, promoting well-being for the physical and energetic body that have been used for Centuries, and continue to be relevant and thrive today in our modern World.

Based on this knowledge and wisdom of ancient philosophies and natural healing traditions, Mandapa Spa provides a secluded temple for wellness, deep relaxation, food for the soul, and an escape to another world. A true sanctuary in which to relax one's mind, body and soul.



MANDAPA SIGNATURE CEREMONIES FOR TWO

Enjoyed in our Mandapa Private Spa Suite, with steam shower, relaxation lounge, River-view terrace with plunge pool and separate treatment areas, these Signature Rituals have been thoughtfully designed to be enjoyed with a loved one. Taking inspiration from the rich local culture, heritage and use of powerful healing herbs and indigenous ingredients these rituals reflect the essence of Mandapa Spa and create special moments that we hope will last with you long after you leave. Each Ceremony begins with a traditional Balinese welcoming foot ritual and concludes with a serving of our signature infusion.

ROYAL SPICE CEREMONY - REMPAH RATU RAJA

150 Min

Inspired by a precious 17th century Indonesian royal wedding ritual this unique, nurturing treatment experience is the ideal way to prepare for your big day or to celebrate with a loved one.

Traditionally given to the Bride and Groom for 40 days prior to the Wedding we have utilized the customary methods and herbal actives to create an exclusive sensory journey.

Your therapist will invite you into your private Mandapa Spa Suite with a traditional Balinese welcome ceremony. Indigenous, locally sourced herbs and spices are combined for a warming body exfoliation or lulur, preparing mind and body for the 7 flower cleansing ritual. This floral infusion drench helps to cleanse the physical and spiritual body and balance energy levels.

The four hand synchronized massage that follows uses traditional Balinese methods and highly effective essential oils with warm river-smoothed stones to ease tension and restore energetic balance. A deeply relaxing and nourishing hair and scalp massage completes this idyllic ritual – leaving you both feeling like Royalty.

ROMANCE RITUAL – GITA CINTA

150 Min

Motivated by the ultimate Indonesian love story this romance-inspiring treatment experience is tailored, bespoke and unique to your needs.

A traditional Balinese foot ritual welcomes you and your loved one to your own private spa suite, and prepares body and mind for the Ceremony to come. Skin brushing with a natural cactus brush and body exfoliation rich in refreshing Aloe and Spearmint prepare the skin for the Signature Mandapa Mepijet massage. Balinese and Javanese massage principles are combined with powerful, warmed essential oils chosen for your needs to release deep seated tension, invigorate and ease muscle fatigue. Culminating in a cool rose quartz crystal scalp massage to revive and focus the mind.

After relaxation in your Suite or one of our private Relax Cabanas the experience is completed with a light healthy spa cuisine served with sacred river flow as the back drop scenery.

JOURNEY TO SERENITY

120 Min

Explore the connection between mind, body and spirit with this truly holistic treatment combination.

A private yoga session for you and your loved one instills awareness of the connection between our physical, emotional and spiritual selves – breathing, stretching, mantras and poses will be tailored to your needs before a deeply soothing Aromatherapy massage with warm essential oils. The soothing, tension-focused massage takes in the whole body, reinforcing the benefits of your yoga. A true indulgence for mind, body and spirit this treatment creates a precious memory that will stay with you long after you leave us.

MANDAPA AUTOGRAPH RITUALS

JASMINE SKIN SMOOTHER

120 Min

The ultimate hydrating skin soothing ritual.

This deeply calming and comforting treatment draws upon the benefits of herbs and plants indigenous to Bali, to deeply nourish and repair, restoring suppleness and elasticity to sun-exposed skin. A gentle exfoliation prepares for the ESPA body envelopment with firming butters, rich in Jasmine and Wild Yam, which melt into the skin. A mind-calming scalp massage with cool Rose Quartz Crystals and soothing Aromatherapy body massage with essential oils of Clove and Bay follow, and a final application of collagen-boosting seaweed-rich body serum completes this skin quenching ritual.

MANDAPA HOT RIVER STONE MASSAGE

90 Min

Inspired by the Ayung River running through the heart of the Resort this skin smoothing, warming and energy balancing treatment is the perfect way to relax and revive in the sanctuary of the Spa.

Skin smoothing, nourishing and hydrating rice and honey body exfoliation prepares for the Mandapa signature massage with warm essential oils. This nurturing massage will ease muscle soreness and focus on areas of tension, lengthening muscles with long, flowing massage movements and gentle stretches. Warmed river smoothed stones ease deep seated tension and knots allowing you to emerge renewed and revived.

FACIAL FOCUS

Our facials begin with a detailed consultation and in-depth skin analysis using advanced technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, to include cleansing, exfoliation, steam and a treatment specific massage, mask and intensive serum. Finally, skincare products are chosen for your individual needs to achieve the best possible results.

SKIN SOLUTIONS

REVITALISING SKIN BRIGHTENER FACIAL

90 Min

This regenerating facial treatment helps refresh the skin, giving a noticeably brighter and naturally radiant appearance.

ESPA Skin Radiance products rich in natural AHAs and BHAs, helps to smooth, reduce irregular pigmentation and brighten the skin to deliver instant results. A specific lifting and firming eye treatment focuses on this delicate area helping to reduce the appearance of fine lines and restoring glow and vivacity to the skin.

RE-HYDRATOR FACIAL

60 Min

An intensive and regenerating facial for dehydrated skin leaving it supple and nourished.

Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturize and SOOTHE the complexion. This rehydrating facial leaves skin smooth and feeling rejuvenated.

DE-SENSITISER FACIAL

60 Min

A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished.

De-sensitizing natural plant extracts and calming aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity leaving skin calmed, nourished and comfortable.

SKIN PURIFYING FACIAL

60 Min

Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance.

This deep cleansing facial helps to regulate oil secretions and refine open pores. Essential Tea Tree and White Thyme oils, which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.



MANDAPA BODY EXPERIENCES

BACK, FACE & SCALP TREATMENT with or without hot stones

90 or 120 Min

Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas - the back, the face and the scalp, making it the ideal treatment for anyone.

INDULGENCE BODY RITUAL

120 Min

This treatment combines a body wrap and massage to restore equilibrium, peace of mind and bring deep relaxation to body and spirit.

Following body exfoliation, a Marine Algae or Mud wrap is applied and the scalp gently massaged. Once you have taken a refreshing shower, a tailor made aromatherapy massage takes place, leaving you with a sense of well-being, cleansed and revitalized.

LULUR BERAS KENCUR

60 Min

A traditional Javanese body exfoliation, using rice extract, aromatic white ginger and sandalwood to cleanse, smooth and hydrate the skin.

An application of nourishing body cream, rich in ylang-ylang and wild yam complete the indulgence.

MANDAPA MESSAGES

Our massages will begin with a personal consultation, to ensure that you receive a unique treatment to suit your specific needs.

PADI MASSAGE

60 or 90 Min

The word Padi translates directly from Indonesian as Rice, and this treatment is inspired by this vibrant, essential, traditional ingredient.

MEJIPET MASSAGE

60 or 90 Min

Our signature Mandapa massage targets tight, sore muscles – ideal after travel to revitalize both body and mind.

This deep, yet relaxing massage is created from a combination of Balinese and Javanese techniques incorporating long rolling, kneading, stretching strokes to lengthen muscles with acupressure movements to release deep-seated tension. Powerful, warmed essential oils, chosen for your needs help release knots, restore comfort and invigorate both mind and body.

ROSE QUARTZ CRYSTAL SCALP MASSAGE

45 Min

A Therapeutic head and scalp massage using a cool rose quartz crystal to help clear the mind, ease tension and revive.

ZESTY REFLEXZONE MASSAGE

60 or 90 Min

This treatment combines Indonesian, traditional Chinese medicine and Thai massage techniques to treat the full body – through the feet alone!

A warm Coconut Milk foot soak begins the delight before the Lime foot scrub invigorates and revives the skin, and the senses. The reflex zone foot massage focusses on meridian points to regulate the flow of energy throughout the body, bringing about a resounding sense of wellbeing, while potent essential oils help to uplift and bring clarity of mind.

AROMATHERAPY MASSAGE

60 or 90 Min

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils.

Please choose from the following: Detoxifier, Muscle Relaxer, Jet-Lag Reviver, Energizer or Body Toner.

HOT STONE MASSAGE

60 or 90 Min

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tightness.

The warmth of the stones penetrates your muscles to soothe aches and pains; helping to unwind tension and your body to feel rejuvenated.

MANDAPA FOR MEN

Our ESPA face and body treatments for men are specifically tailored to your skin type and needs, each one designed to ensure you experience the best physical and therapeutic benefits.

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MUSCLE REVIVER

45 Min

A condensed massage for those who suffer with tension related headaches and neck strain.

If you have little time to spare, this deeply soothing, back, neck, shoulder and stress releasing scalp massage is an ideal way to melt away tension and relieve tight muscles. You'll feel revived and invigorated for the day ahead or relaxed and calm for a peaceful night's sleep.

BORNEO LULUR

60 Min

This invigorating traditional Lulur body scrub is designed especially for our male guests. Heralding from the island of Borneo a detoxifying blend of black rice, clove and honey are combined to smooth the skin and refresh, uplift and invigorate mind and body. Excellent alone or as preparation for a massage or body treatment.

FEET FIRST - MENS PEDI

90 Min

The perfect foot treatment and maintenance manicure specifically designed for men.



MANDAPA GROOMING

MANI MAKEOVER

60 Min

This indulgent treatment provides long lasting results and meticulous cuticle work with deeply nourishing products to repair, replenish and condition your nails.

PEDI PERFECTION

90 Min

An intensive treatment using technically advanced manual hard skin removal techniques, combined with deeply nourishing products to repair, replenish and condition your nails depending on your individual needs.

MANDAPA TEEN SPA

Especially designed for our guests at age 13 years above

AROMA ZONE

60 Min

Using a blend of individually chosen essential oils this Aromatherapy massage gently soothes muscles and nourishes the skin.

PARTY NAILS

30 Min

Mini manicure with nail shaping, gentle hand and arm massage and application of nail color

FANCY FEET

30 Min

Mini Pedi for perfect feet with nail shaping, foot and lower leg massage application of nail color

SPA INFORMATION

SPA OPENING HOURS

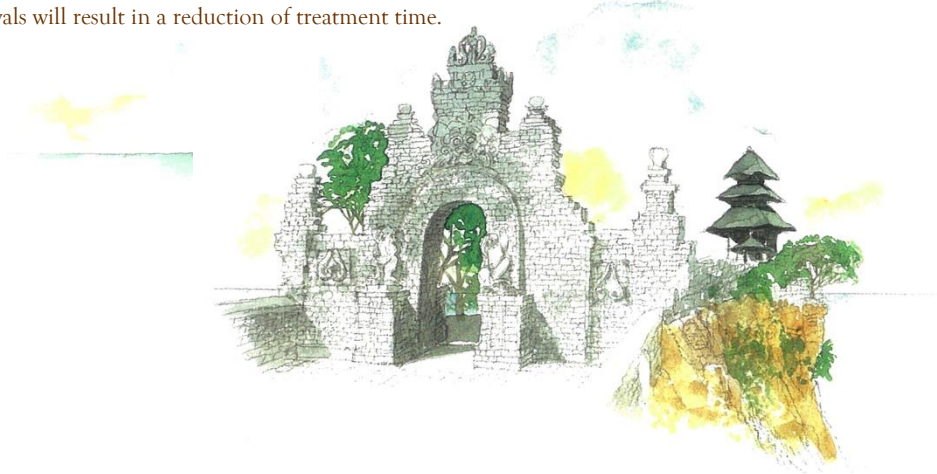
Monday to Sunday 09:00 – 21:00

SCHEDULING AN APPOINTMENT

To schedule an appointment for your perfect treatment, please contact Mandapa Spa reception team (extension 6201 or Spa button on the room telephone) or your Patih who will guide you to the right choice. To ensure your preferred time and service is available, we recommend to book in advance. Non-residents are welcome to reserve Spa appointments minimum 2 hours in advance. All spa treatments and packages will need to be guaranteed with a credit card.

ARRIVAL TIME

Please allow sufficient time before your treatment to complete a Spa Consultation Form. We recommend you arrive up to 1 hour in advance of your treatment so that you can change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time.



SPA FACILITIES AND ACCESS

The following spa facilities are available at Mandapa Spa - sauna, steam room, ice fountain, vitality pool, spa changing facility, indoor and relaxation areas.

VITALITY POOL AND HEAT EXPERIENCES

Overlooking the Ayung River, the open air vitality pool with air and water massage jets is available for spa guest use. Heat experiences consisting of Sauna, Steam Room, Ice Fountain and Experience Showers are available for male and female guests separately. We recommend you enjoy these facilities prior to treatment in order to relax and prepare mind and body.

GYM

The Gym offers the latest cardio and weight equipment - 24 hour access

YOGA PAVILION

Atop the Spa with stunning views out over the Ayung River and the forest, the Yoga Pavilion is the ideal location for yoga, meditation and reflection. Private and small group classes are held here - Mandapa Spa Reception team will be delighted to assist you to make a reservation.

PRIVATE SPA SUITE EXPERIENCES

The Mandapa Suite offers private relaxation lounge, River-view terrace with hydrotherapy dipping pool and separate treatment areas.

The River Terrace Suites offer relaxation terrace and couples treatment room with side-by-side massage beds.

CHILDREN'S POLICY

We are delighted to offer treatments for children under 16 years old. However, they must be accompanied by an adult for the whole duration of treatment, except for manicures and pedicures. Please contact the Mandapa Spa reservations team for details on treatments available for our young guests. Access to the rest of the spa including changing facilities, heat experiences and gym are restricted to over 16's.

CANCELLATION POLICY

A 100% charge will be incurred for any treatment not cancelled at least 24 hours prior to your scheduled time. Late arrival will shorten your treatment time.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquility. Please respect all spa guests' right to privacy and serenity. The spa is a mobile phone, pager, camera and smoke free zone.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

PREGNANCY

We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time.

GIFT VOUCHERS

An ideal gift for someone special. Please contact Mandapa SPA Reception team for details.

HOMECARE

To continue your spa experience at home, most products used in our treatments are available at Mandapa Spa reception.

PRICES

All prices are quoted in IDR and are subject to 21% government tax and service charge.

